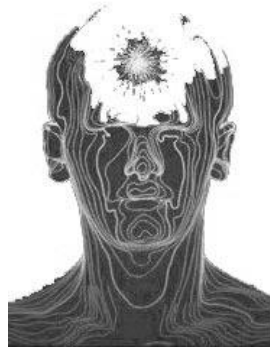


Meditation Triangle Units

Meditation and Sex

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Meditation and Sex



Meditation is not about escape but presence, awareness and transformation. The link between the two experiences, however, has been that's recognized by the practitioners of the wisdom traditions for millennia.

When thinking of these two subjects together, we must determine exactly what we are thinking about. It is said that, when you meditate, the left side of your brain lights up and when you have sex, the right side of your brain lights up -- both experiences leading to a stoppage of mental chatter in your brain and helping you lose physical and mental boundaries.

The quality of attention in meditation is a lot like sex, when you find the way *you* like it. It is a delicate internal meeting, a meandering discovery of what you enjoy, and a gradual surrender into more and more pleasure. And afterwards, you feel great! You are a new man or woman, totally yourself: connected, renewed, juicy and relaxed.

The process is very similar in meditation and in sex: you get an inner urge or call and give yourself the time and space to sensuously explore. You create the safety to relax. It is the best when there is no demand for anything in particular to happen! You simply allow yourself to enjoy and gently unfold. You get

interested. You focus on the intriguing sensory details, and as you pay attention your senses get turned on. You get present and you start to let go. Inevitably, just about then, you suddenly find yourself thinking of something else: oh, have to do the laundry, “Oh, I did not call Nico back.” You are “away” for a few seconds. But naturally and eventually, the pleasure calls you back (it is a compelling focus), and as you go with the sensations and movement, you let go a little more. There is a slow dilation deep inside, a melting open. You tap into your succulent nature. This cycle happens in waves, deepening in intensity, until you are absorbed in pleasure, taken over by the energy. Currents of life force surge through you, clearing pathways down to your toes and up through the top of your head, revitalizing every cell and balancing everything.

Meditation is a communion with yourself. You are finding what works for you – your rhythm, your body, your emotions. Its gentle, undemanding touch can help to heal any places of trauma, sexual wounds or inhibition. The secrets you learn in meditation will enrich your sensuality within yourself and how you choose to open sexually with another. Meditative awareness can be a rapturous lovemaking with the universe. This secret awaits you.

The creative sexual drive is second in the line up of instincts following the first instinct of the will to survive. The instincts cannot be ignored, but can be channelled into other purposes

We need to separate instinct from emotion, in that we can add many emotions with our instincts. While emotions can be on many levels in our make-up, instincts are at our root-and any attempt to shunt these instincts, unlike our emotions, just causes the instincts to surface in other ways. Not dealing with our instincts causes instability of the self, often resulting in perversions of all kinds, especially where sex is involved

Perfect balance and harmony within ourselves, the universe, and all life is what we are bringing about through meditation and loving-kindness. An almost impossible feat if we ourselves are functioning in an unbalanced atmosphere of all kind of abstinences as laid upon by churches and religious orders.

So how do monks and nuns living in Buddhist temples, monasteries, cloisters, etc? Controlling themselves, we may suppose. Well, they make their precepts, and go through a ritual and purification process, usually resulting in a loss of the sexual creative drive, you would think. They then transmute this creative energy, through prayer and meditation, into loving kindness, right thinking, and right actions, you would add. Well, it does not work most of the time.

"Enjoy being a human, have sex, stay happy, and enjoy a balanced and harmonious life." It is always better to have the same partner these experiences can be shared with. While maintaining a good balance and harmony, continue meditation, right thinking and actions, and enjoying your life. Soon you will have complete control over any emotions, and much of the creative sexual drive will have automatically been converted into a different and loving energy, for yourself and anything or anyone else in your life. With proper thinking and actions new channels open in which to use this creative energy

If the warm feeling of arousal rises while in meditation, great, acknowledge you are still alive and let it go, concentrating on good deeds and thoughts for friends and loved ones. Once this method has been mastered, be prepared for the wonderful things that are changing in your life and eventually these sexual thoughts will not enter you meditation.

After several months of meditation, you will now have become accustomed to the wonderful experiences taking place around you. If desired, your sex life will have improved dramatically and you may have learned other ways to use the creative force, through the transmutation of energy, and the learned control and concentration of yourself and your controlled thinking.

If you still feel the need to become celibate (which I don't understand why, if you have a willing and committed partner), or you desire a different kind of life, or just want to be alone for a while, there should be no problem as we have learned not to shunt or deny the existence of this wonderful creative sexual instinct, but to transmute the energy to a different use. At this point, we will really know the joys and truth of life and understand the creative force and what may be accomplished with this new understanding. This is certain, you will know, anything you desire to know, if you continue this practice of balancing and bringing into harmony the second of the natural instincts.

We understand now, we are concerned with meaningless sexual intercourse, and the inability to determine any connection with the divine, when we waste ourselves in empty union with another. To have sexual relations with another, where we cannot realize the influence of the divine spark within ourselves, is like committing spiritual suicide. The same could be said with performing continuous sexual relief without a meaningful partner.

This creative sexual energy, we may have wanted to deny months ago, may well be the tremendous reservoir that keeps us healthy and happy the rest of our life. Understanding true sexual union and the benefits involved cannot be an understated wisdom.

While being aware, that those who have become celibate for religious or spiritual reasons, and have done so voluntarily, this is an admirable and a good thing for many of us, but not all of us.

What about those of us that still live in the social fabric of today, and are given the opportunity along with the means to reproduce.... Unfortunately, in a few cases, some individuals living in a celibate environment, speak against sexual union of any kind. They have forgotten how they came into this earth, and they also misunderstand the sexual current, due to narrow, rigid thinking (of the individual).

In most religions, information is found relating to sex and can be translated many different ways. Most of the time, this information is vague and left to the individual to interpret for one's self.

We must remember, we live in a world of duality, and we have been given means and tools to procreate sexually (and responsibly). So, we could believe, we are supposed to approve of responsible sexual union.

In the holy books, mention is also made of a woman for the man- and a big deal is made of the sexual areas of the body. The woman is capable of conceiving, and she is also given breasts to feed the young who have been given life-keeping in mind, that this life contains the divine spark for the creator. In the holy books, it also mentions children and offspring – let us say, we are encouraged to have responsible union with our mate and procreate, when desired and responsibly.

Let us take a look at misinterpretation and translation, regarding the procreation process. In some religions, we find mutilations of the self, both emotionally and physically. In some books, it may state, if it offends thee, cut it off- or, cut the bridge, or something similar.

We need to ask: Why we were given the tools to mate and create life - and how and why new life is, and was given the divine spark of approval.

Being equipped educationally, and with reason, we should be capable of reproducing young and enjoying union with our partner. If someone speaks against this- then it should be acceptable to ask, from where does this person speak, and can they explain exactly from what waters they draw their reason against procreation of life.

Living and associating in, and with religious orders and groups, is not a good enough reason to speak against sexual union- the celibate life is not the same as

a spiritual living. Few individuals are capable of true spiritual living and obtaining the highest on their own. The union of the opposites is necessary to achieve the highest mark, for most of us.

Mating and companionship is desired, accepted and approved in the social structure of society. Along with many benefits and comfort of a comforting companion when at times is desired and needed. Instinctual functions are given us for a reason - otherwise we would not them.

The procreational instinct is exactly that- an instinct and will not go away. We were given this instinct for use, and it is when we do not use it properly and carefully, problems arise in society, churches and religious orders like child abuse in Roman Catholicism, and within ourselves.

Hopefully, each of us can draw from spiritual sources, what is right and good for us, and let it not concern us if our neighbour believes differently.

When we slow down and enjoy our senses, we claim our sensuality. Sensuality is defined as surrender to voluptuous experience. Meditation stretches you; you stretch the range of your senses and it feels fabulous. But you will come up against your personal limitations on pleasure. Confront the taboo to pleasure; meet it head-on. Does all this sensuousness sound outrageous, scandalous, or downright wrong? Meditation this earthy may not be what you expected. Does it seem counter-intuitive to what you've heard? Let's take a look at this belief.

When you meditate, you enter a special state of relaxation. Physiological research finds it is a state of rest even deeper than sleep, but you are awake inside. Part of the time you're even watching yourself dream. You may never have rested this deeply before, or never been conscious while so relaxed. What does incredible restfulness feel like? What does it feel like to lie in bed or on the beach and be completely at ease? It is delicious; it is sensuous.

Meditation is a distinct state with its own rules and permissions. A major part of learning to meditate is unlearning patterns of stress. You learn not to carry over the rules of work, driving, or being in school to your internal time with yourself. Work is good, but if you make meditation into work, it won't be respite. It'll just be one more damn chore on your long list of to-dos. Dispense with the old "no pain/no gain" attitude. It is obsolescent and untrue. Find your way to stretch a little more in the direction of pleasure. Part of your learning in meditation is to tolerate these new sensations.

Unless you give yourself permission to let meditation be sensuous and voluptuous, you'll tend to limit your range. You will miss half the experience and half the benefits. The human has a natural sensuality and unless interfered with will tend to experience meditation as a caress, deeply pleasurable like a bath. The melted state feels vulnerable and you may wonder if there are rules that you're breaking. You might even invent some. The very feeling that you are violating taboos is a sign of success; it means that you are going deep. It is a challenge to face this and you need to find ways to support yourself. So surrender to your own experience. Do not surrender to abstract ideas, techniques or gurus. Get this point right away so that you do not bore yourself to death. Many people are afraid to really feel their sensuousness – or do not know how to – so their meditation becomes a very narrow experience. There is no hidden bonus to limiting yourself; you will simply not want to meditate.

You may as well construct your meditation practice out of what you love and enjoy, because then it will be easier to pay attention and you will *want* to meditate. One of the great secrets is how much fun meditation is. It can even feel deliciously naughty. Once you know how, you may find it is something you crave, and even prefer over your “vices”. Imagine how luxurious that is!

If you follow your own guidance, you will discover secret pathways, secret pleasures. Each teacher and each student has found little joys about meditation that no one else has discovered, tiny ways to observe. If you were in a garden with a cat, a dog, a child, a gardener, an artist and an entomologist, each one would show you a completely different world of delight, because each one enjoys a special aspect of the garden and explores it in a particular way. We've been listening to our students for thirty years and are always learning new things. Find your way – your unique, sensual and manly or womanly way.

Meditative Sex

Another way of experiencing spirituality in sex is by focusing on feeling in harmony and united with your partner on different energy levels. This is like a sexual meditation.

Before starting meditative sex you may not normally have much foreplay as you do not need a strong arousal but neither should you try to connect without any stimulation of sexual energies. However, the emphasis should not be on direct sexual stimulation but rather on expressing your affection for each other. After some caressing you may assume your chosen position. Comfortable positions for direct sexual contact are the sitting embrace shown above, or the ‘basic position’ ('scissor position') as described for Tantric Sex below. Facing each

other in a close embrace while lying side to side is also suitable, whether with skin contact, or remaining clothed without being sexually connected if that is not appropriate.

Bring the tip of the penis in touch with the entrance of the vagina. Remain motionless in this position for some time while focusing on feeling the energy between you and especially where penis and vagina meet. To initiate or greatly increase the feeling awareness of pleasurable sexual energy, both partners may gently and rhythmically squeeze their buttocks or just contract the perineum. Coordinate each gentle pelvic contraction with an inhalation and with each other.

At the same time imagine or feel that the breath energy or prana is squeezed upwards to the top end of the spine. Hold the breath for a moment, and with the subsequent slow exhalation, imagine the prana again to fall down to the base of the spine. However, when you can feel the sexual energy itself as pleasurable streamings, you send this feeling to the top of the spine, and with each exhalation you feel it flowing out into your brain and down into your heart. Now you just continue to intensify the pleasurable feeling in brain and heart with or without moving further sexual energy to the top.

This method may be used as a complete meditation in itself and can even be done without a partner in order to learn to feel and work with the sexual energies. If and when you feel like proceeding to the next step, then either the male or female may gently rub the tip of the soft or hard penis up and down between the clitoris and the entrance of the vagina. If there is not enough natural lubrication, use oil or a lubricant jelly. When you feel ready, gently push the head of the penis inside. If the penis has remained soft, firmly enclose the shaft with your hand as in a fist and now the head can usually be inserted and further stimulated with some slow movements.

After penetration you may either remain completely motionless for some time or continue with the rhythmic pelvic contractions or start with karezza-like slow movements.

In Karezza the emphasis is on the inner feeling awareness as well as on the feeling of complete union with the partner. Orgasm is avoided or at least minimized. Caresses and slow controlled movements during intercourse generate a steady stream of sexual energy that is consciously converted into feelings of sublime joy and love. Typically, this may continue for an hour or more. It is not necessary for the penis to be erect or even inside to enjoy this

type of lovemaking. Part or all of the time the tip of the penis may just touch the entrance of the vagina, or the sexual organs may not touch at all.

Initially concentrate awareness on the sensations at the point of contact with the partner, especially in the genital area but also wherever the skin or a caressing hand touches. This generates pleasant sensations, which can now easily be converted into a loving feeling. Open your heart and send this love to your partner. In a more active fashion you can in your imagination lead the energy felt in the genital or pelvic area upwards to the heart. There you feel it as love and radiate it out onto your partner, and also envelop both of you in a cloud of love.

You may also continue to contract the pelvic floor with each gentle thrusting or forward movement, and relax it during withdrawal. You do whatever feels best to generate a stream of sexual energy but without becoming too excited. Instead of feeling any excitement just in the sexual organs, focus on feeling it like a slow orgasm in the whole pelvic area, and especially in the pelvic floor or perineum. If you can feel the energies strongly, you may stop moving for a while and just focus on intensifying whatever you feel. Now you can radiate the energy not only throughout your own body but also onto your partner to produce a common field of sexual energy that envelops both of you.

When you have filled your brain and heart with pleasurable energy, move part of your attention to the spiritual love that you feel for your partner. Feel your heart expanding with a gentle love and add this to the cloud of pleasurable sexual energy that surrounds and interpenetrates both of you. Finally, without losing this special feeling, you now shift another part of your attention to the top of your head or to your crown chakra. By sending out some of the love you feel to your High Self or “God Presence Within” (*you are your own God*), you immediately receive an even larger amount of spiritual love back. Feel that both of you are now connected to the love and power of your higher or divine guidance. Feel united and in harmony with all levels of your own being as well as with your partner and with your spiritual source. Feel like melting into each other.

Initially try to hold all of these levels of connection with your partner in your awareness: the touching of the bodies, the pleasurable sexual energy in and around you, the love that you radiate onto each other as well as the feeling of both of you being connected, loved and protected by your divine guidance. Just bathe in this symphony of feelings or at times try to intensify certain aspects of it. However, after a while the sexual energy may go to sleep and then you just continue to remain aware of the love radiating from your heart, and the

connection to your spiritual source. By prior agreement you may then also send love, harmony or healing energy to another target, be it to heal a situation, a person or the planet.

Depending on your previous ability to meditate and connect to these feelings it may be easy for you to experience the fullness of this union with your partner or it may take a lifetime to slowly getting there. It does not matter. The main thing is that it is a pleasurable way of moving in the right direction, of growing spiritually towards increasing awareness and harmony on all levels. It is not necessary that both have a similar level of experience. If one partner is much better able to contact the feelings of love and harmony, then this will help the other partner to come to these experiences easier and sooner than by meditating alone.

You can practice with different partners, and you can do it fully clothed, or with varying degrees of sexual contact. In this way it is possible for partners to have a pleasurable union on all levels even without any touching of the sexual organs if this is inappropriate. With a new partner or after a period of sexual abstinence, the sexual energy is usually so strong that it can be raised quite easily with a close embrace. When starting a sexual meditation relationship with a new partner or after a longer period of abstinence it may be good to start with a fully clothed embrace, and move to full sexual contact only gradually and perhaps in successive meditations.

For young or spiritually minded individuals who want to practice abstinence, meditative sex can be used as a satisfying outlet without suppressing sexual energies and causing emotional problems. It is also suitable for those who feel too old or low in energy or otherwise have lost interest in the conventional forms of lovemaking.

Even if the sexual energy sometimes cannot be aroused, meditating in a close embrace with a spiritual partner can still be a pleasant and satisfying experience. For many spiritual or sensitive individuals this sexual meditation may be more fulfilling than the more common forms of sex or lovemaking. However, sometimes, after a period of spiritual sex, one or both partners may feel a preference for a strong orgasm in order to relax more deeply. There are no fixed rules and you may use or alternate different forms of lovemaking as you please.

Epilogue

By stimulating sexual activity in a spiritual way without discharging the raised energy through an orgasm, the pelvic region remains permanently energized. This may occasionally lead to spontaneous low-grade orgasmic feelings,

although generally the energy may appear to be asleep in-between sexual encounters. However, you can greatly increase the pleasure and benefit derived from any form of spiritual sex by keeping part of your awareness in the lower pelvis during daily activities. This tends to awaken the sleeping energy.

Understanding that there is a common experience in meditation and orgasm, as it has only been natural to combine the two. It begs the questions, why would you want too and what could it possibly add to the experience? The answer is, meditation will enhance your lovemaking tremendously by giving it your complete attention and full awareness, by being fully present in the moment.

The Kama Sutra, the ancient text of India is both an inspiring spiritual text and as the title is sometimes translated, “instructions on pleasure,” and is proof that meditation and sex have been successfully combined for all of human history.

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